

ABSTRACT OF THE DISCLOSURE

A sliding exercise apparatus and recreational device which can be employed both wet and dry. A user can traverse the device which includes a surface which can be inclined as a durable low friction sheeting material. The user can be supported by a wide variety of vehicles including sports boards and clothing apparel which, in turn, have a durable low friction layer for contacting the sliding exercise apparatus and recreational device for entertainment and in order to enhance gymnastic and board skills.

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